

Sleep in Beauty

These simple and sophisticated bedroom decorating ideas will inspire sweet dreams.

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Create pretty vignettes throughout the room with fresh flowers and favourite things, such as collectibles, art, throws and pillows, to add pops of colour, focal points and a personal touch. Print, windergarden.com. Lamp and silver tray, homesense.ca. Other accessories, homeowner's.



"The practical side of this room's new look is its eco-conscious design and choices. It's about preserving, repurposing and accenting with pieces you already own," says Jane Lockhart.

TIP Small cabinets and antique or vintage occasional tables make pretty and practical night tables. If they need a little sprucing up to work with your new style and colour scheme, simply paint or stain them.



For most of us, the last room in the house to get any decorating attention is typically the bedroom. It's surprising how neglected this room is, since those of us who are lucky enough to get eight hours of sleep a night spend a third of our lives in it. But that time is spent sleeping, oblivious to the world around us. And it's so easy to just close the door and leave the mess and chaos to be sorted another day. Don't wait another day to turn your nightmare of a bedroom into a calm and comfortable space. Here's how interior designer Jane Lockhart helped one homeowner transform a cluttered, outdated bedroom into a chic new room designed for sweet dreams.

1 | The energy-saving insulating properties of shades filter the light in summer and keep in the heat in winter. Elegant silk drapery panels soften the window and add glam to the room. Silhouette shades, hunterdouglas.com. Rail Ties in Domino drapery fabric, robertalldesign.com. Draperies, drapesandmore.ca. Installation, Final Touch Interiors, Toronto, 416-822-4986.

2 | The most important piece of furniture in the bedroom is the bed. Here's where we splurged! The springy 10-year-old mattress was replaced with a firm pillow-top model. A custom-designed platform bed frame and headboard covered in a charcoal grey faux-suede fabric creates a clean, contemporary look. The elegant 100 per cent cotton embroidered

jacquard duvet cover in white is made even more luxurious by using a lightweight hypoallergenic silk-filled duvet inside. Platform bed, Rudy's Custom Upholstery and Draperies, Toronto, 416-282-0437. Woodburn BK in Graphite upholstery fabric, robertalldesign.com. Serenity duvet cover and sheet set, westex-intl.com. Silk duvet, smartsilk.com.

3 | Decorative cushions in 100 per cent cotton and cotton-linen blends add pattern and texture to a soft grey palette. Dwell Studio Gate cushions in Charcoal; Dwell Studio Oversize Stripe cushions in Charcoal; and Dwell Studio Vintage Blossom in Dove; all robertalldesign.com.



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TIP Rather than throwing it out, donate your lightly used furniture to a charitable organization that resells furniture. The charity will make sure it will continue to be enjoyed.



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6 | A fresh coat of white paint is the perfect backdrop for the room's new serene grey colour palette. Martha Stewart Living paint in Pure White MSL253, homedepot.ca.

7 | A new dresser made of reclaimed pine with antiqued brass hardware offers plenty of storage. A collection of old mirrors is creatively displayed, layered against the large gold mirror hung on the wall. Dresser and silver boxes, both homesense.ca. Alang lamp, ikea.ca. Tray, thefhegroup.com. Clock radio, tivoliaudio.com.

8 | A carpet remnant in charcoal grey, purchased at a local retailer and finished with a surged edge, warms up the room. Carpet, speersroadcarpet.com.

4 | Serving trays add a decorative touch when lined with coordinating fabrics, and can be practical too. Use them on dressers and nightstands or as bed trays. See more trays on page 78. Trays, thefhegroup.com.

5 | The addition of crown moulding adds instant style. The lightweight foam moulding is easy to cut and quick to install with adhesive. Moulding, canamould.com.

9 | An antique table (repurposed from the living room) with a comfy mid-century-style side chair placed by the window is the perfect setting for reading. A well-planned lighting scheme can breathe new life into a room. Save on energy by using CFL or LED bulbs wherever possible. Alang floor lamp, ikea.ca. Statum Designs chair, through Jane Lockhart Interior Design, janelockhart.com. Prints, windergarden.com. ■



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Interior designer Jane Lockhart, Jane Lockhart Interior Design, janelockhart.com